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In the midst of a jam session with a buddy that lived in the second story apartment. I could see into the kitchen from where I sat. One of the songs we started playing had a much more cohesive vibe to it and my buddy and I got swept away with it.

During the song, I saw a figure in my peripheral vision standing in the kitchen(right by the backdoor). I thought nothing of it and continued jamming. The figure slowly came towards me, not making a sound. I felt the urge to look and see who it was, but did not divert my attention from the song, figuring it was a friend treading lightly so as not to ruin the jam. Eventually, the figure seemed to be standing directly over me and I saw a legit shadow over my hands and the guitar. I looked up because, frankly, I couldn't understand why someone would be standing so close to me while I play guitar.

There was no one there.

I stopped playing and immediately told my buddy and his girlfriend about what I had seen. They thought nothing of it. A week or two later, they're downstairs neighbor admitted to being scared of using the bathroom at night because there is a shadow figure that lurks around.

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